

Liturgy of the Hours
LITURGY OF THE HOURS

MORNING PRAYER

December 7, 2022

{ Memorial – Ambrose, Bishop and Doctor }



Invitatory

Stand and make sign of cross on lips with thumb

Lord, open my lips.

— And my mouth will proclaim your praise.

Psalm 95

A call to praise God

Encourage each other daily while it is still today (Hebrews 3:13).

Come, let us worship the Lord, the King who is to come.

— Come, let us worship the Lord, the King who is to come.

Come, let us sing to the Lord

and shout with joy to the Rock who saves us.

Let us approach him with praise and thanksgiving

and sing joyful songs to the Lord.

— Come, let us worship the Lord, the King who is to come.

The Lord is God, the mighty God,

the great king over all the gods.

He holds in his hands the depths of the earth

and the highest mountains as well.

He made the sea; it belongs to him,

the dry land, too, for it was formed by his hands.

— Come, let us worship the Lord, the King who is to come.

Come, then, let us bow down and worship,

bending the knee before the Lord, our maker.

For he is our God and we are his people,

the flock he shepherds.

— Come, let us worship the Lord, the King who is to come.

Today, listen to the voice of the Lord:

Do not grow stubborn, as your fathers did

in the wilderness,

when at Meriba and Massah

they challenged me and provoked me,

Although they had seen all of my works.

— Come, let us worship the Lord, the King who is to come.

Forty years I endured that generation.

I said, “They are a people whose hearts go astray
and they do not know my ways.”

So I swore in my anger,

“They shall not enter into my rest.”

— Come, let us worship the Lord, the King who is to come.

Glory to the Father, and to the Son,
and to the Holy Spirit:

as it was in the beginning, is now,
and will be for ever. Amen.

— Come, let us worship the Lord, the King who is to come.

Morning Prayer

HYMN

Hear the herald voice resounding:

“Christ is near,” it seems to say,

“Cast away the dreams of darkness,

Welcome Christ, the light of day!”

Wakened by this solemn warning,

Let the earthbound soul arise;

Christ her sun, all sloth dispelling,

Shines upon the morning skies.

See the lamb so long expected,

Comes with pardon down from heav’n;

Hasten now, with tears of sorrow,

One and all to be forgiv’n.

So when next he comes with glory,

Shrouding all the earth in fear,

May he then as our defender

On the clouds of heav’n appear.

Honor, glory, virtue, merit,

To the father and the Son,
With the co-eternal Spirit,
While eternal ages run.

*Melody: Merton 87.87; Music: W. H. Monk, 1823–1889; Text: Vox clara ecce intonat,
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Sit or stand

PSALMODY

Antiphon 1

O God, all your ways are holy; what god can compare with our
God?

Psalm 77

Recalling God's works

We suffer all kinds of afflictions and yet are not overcome (2 Corinthians 4:8).

I cry aloud to Gód, *
cry aloud to Gód that he may héar me.

In the dáy of my distréss I sought the Lórd. †
My hánds were raised at níght without céasing; *
my sóul refúsed to be consóled.

I remébered my Gód and I gróaned. *
I póndered and my spírit fáinted.

You withhéld sléep from my éyes. *
I was tróubled, I cóuld not spéak.
I thóught of the dáys of long agó *
and remébered the yéars long pást.
At níght I músed within my héart. *
I póndered and my spírit quéstioned.

“Will the Lórd rejéct us for éver? *
Will he shów us his fávor no móre?
Has his lóve vánished for éver? *
Has his prómise cóme to an énd?
Does Gód forgét his mércy *
or in ánger withhóld his compásson?”

I said: "This is what causes my grief; *
that the way of the Most High has changed."

I remember the deeds of the Lord, *

I remember your wonders of old,

I muse on all your works *

and ponder your mighty deeds.

Your ways, O God, are holy. *

What god is great as our God?

You are the God who works wonders. *

You showed your power among the peoples.

Your strong arm redeemed your people, *

the sons of Jacob and Joseph.

The waters saw you, O God, *

the waters saw you and trembled;

the depths were moved with terror. *

The clouds poured down rain,

the skies sent forth their voice; *

your arrows flashed to and fro.

Your thunder rolled round the sky, *

your flashes lighted up the world.

The earth was moved and trembled *

when your way led through the sea,

your path through the mighty waters, *

and no one saw your footprints.

You guided your people like a flock *

by the hand of Moses and Aaron.

Glory to the Father, and to the Son, *

and to the Holy Spirit:

as it was in the beginning, is now, *

and will be for ever. Amen.

Antiphon

O God, all your ways are holy; what god can compare with our
God?

Antiphon 2

My heart leaps up with joy to the Lord, for he humbles only to exalt us.

Canticle – 1 Samuel 2:1-10

The humble find joy in God

He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things (Luke 1:52-53).

My heart exults in the Lord,*
my horn is exalted in my God.

I have swallowed up my enemies;*
I rejoice in my victory.
There is no Holy One like the Lord;*
there is no Rock like our God.

Speak boastfully no longer,*
nor let arrogance issue from your mouths.
For an all-knowing God is the Lord,*
a God who judges deeds.

The bows of the mighty are broken,*
while the tottering gird on strength.
The well-fed hire themselves out for bread,*
while the hungry batten on spoil.
The barren wife bears seven sons,*
while the mother of many languishes.

The Lord puts to death and gives life;*
he casts down to the nether world; he raises up again.
The Lord makes poor and makes rich,*
he humbles, he also exalts.

He raises the needy from the dust;*
from the ash heap he lifts up the poor,
to seat them with nobles*
and make a glorious throne their heritage.

For the pillars of the earth are the Lord's,*
and he has set the world upon them.
He will guard the footsteps of his faithful ones,*

but the wicked shall perish in the darkness.
For not by strength does man prevail; *
the Lord's foes shall be shattered.

The Most High in heaven thunders; *
the Lord judges the ends of the earth.
Now may he give strength to his king *
and exalt the horn of his anointed!

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

My heart leaps up with joy to the Lord, for he humbles only to exalt us.

Antiphon 3

The Lord is king, let the earth rejoice.

Psalm 97

The glory of the Lord in his decrees for the world

This psalm foretells a world-wide salvation and that peoples of all nations will believe in Christ (St. Athanasius).

The Lord is king, let éarth rejoice, *
let áll the cóastlands be glád.
Clóud and dárkness are his ráiment; *
his thróne, jústice and ríght.

A fire prepáres his páth; *
it búrn up his fóes on every síde.
His líghtnings líght up the wórld, *
the éarth trémbles at the síght.

The móuntains mélt like wáx *
before the Lórd of áll the éarth.
The skíes procláim his jústice; *
all péoples sée his glóry.

Let thóse who serve ídols be ashámed, †

those who bóast of their wórtless góds.*
All you spírits, wórship hím.

Zíon héars and is glád; †
the péople of Júdah rejóice*
because of your júdgments, O Lórd.

For yóu indéed are the Lórd, †
most hích above áll the éarth,*
exálted far abóve all spírits.

The Lórd loves thóse who hate évil: †
he gúards the sóuls of his sáints;*
he séts them frée from the wícked.

Líght shines fórth for the júst*
and jóy for the úpright of héart.
Rejóice, you júst, in the Lórd;*
give glóry to his hólý náme.

Glory to the Father, and to the Son,*
and to the Holy Spirit:
as it was in the beginning, is now,*
and will be for ever. Amen.

Antiphon

The Lord is king, let the earth rejoice.

Sit

READING

Isaiah 7:14b-15

The virgin shall be with child, and bear a son, and shall name him Immanuel. He shall be living on curds and honey by the time he learns to reject the bad and choose the good.

RESPONSORY

Your light will come, Jerusalem; the Lord will dawn on you in radiant beauty.

— Your light will come, Jerusalem; the Lord will dawn on you in radiant beauty.

You will see his glory within you;

— the Lord will dawn on you in radiant beauty.

Glory to the Father, and to the Son, and to the Holy Spirit,

— Your light will come, Jerusalem; the Lord will dawn on you in radiant beauty.

Stand

GOSPEL CANTICLE

Antiphon

He will be enthroned in David's place to be king for ever, alleluia.

Luke 1:68-79

The Messiah and his forerunner

Make sign of cross

Blessed be the Lord, the God of Israel; *
he has come to his people and set them free.
He has raised up for us a mighty savior, *
born of the house of his servant David.

Through his holy prophets he promised of old †
that he would save us from our enemies, *
from the hands of all who hate us.
He promised to show mercy to our fathers *
and to remember his holy covenant.

This was the oath he swore to our father Abraham: *
to set us free from the hands of our enemies,
free to worship him without fear, *
holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; *
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation *
by the forgiveness of their sins.

In the tender compassion of our God *
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death, *

and to guide our feet into the way of peace.

Glory to the Father, and to the Son, *
and to the Holy Spirit:
as it was in the beginning, is now, *
and will be for ever. Amen.

Antiphon

He will be enthroned in David's place to be king for ever, alleluia.

INTERCESSIONS

To Jesus Christ our Lord, who came among us in his mercy, let us constantly cry out with joy:

— Come, Lord Jesus!

You came from the Father to take on our human nature,
now set free what was harmed in us by sin.

— Come, Lord Jesus!

One day you will come again in glory to your chosen people,
come to us today and help us sinners to recognize your mercy and
tender love.

— Come, Lord Jesus!

We glory in praising you, Lord Jesus,
come and bring us your salvation.

— Come, Lord Jesus!

Through faith you lead us into light,
may we reveal your justice through our deeds.

— Come, Lord Jesus!

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth, as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,

as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.

Concluding Prayer

Lord,
you made Saint Ambrose
an outstanding teacher of the Catholic faith
and gave him the courage of an apostle.
Raise up in your Church more leaders after your own heart,
to guide us with courage and wisdom.

We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
God, for ever and ever.

— Amen.

Dismissal

May the Lord bless us, protect us from all evil and bring us to
everlasting life.

— Amen.

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